

THE SENIOR CENTER CALENDAR OF EVENTS – FEBRUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Aerobics 3 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 5:30 ZUMBA	9-11 Silver Threads & Needles 4 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 BLACK HISTORY TRIVIA & DISCUSSION 1:00 ROSA PARKS VIDEO 1:00 TABLE TENNIS	8:30 Wednesday Walk 5 8:30-11 HEART HEALTH SCAVENGER HUNT 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 6 10:30 CRAFTING W/CRYSTAL 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 1:00 TRIP TO GLASSICAL HEIRLOOMS, FOREST CITY 1:00 Just Dance	8:45 Aerobics 7 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Singing & Fellowship 12:30 Slow-moving Exercise 1:00 TABLE TENNIS WEAR RED FRIDAY
FEBRUARY 10 – 16 is RANDOM ACTS OF KINDNESS WEEK – <i>(anyone can tell about an act of kindness during announcements each day this week)</i>				
8:45 Aerobics 10 9-11 BLOOD PRESSURE CHECK 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 5:30 ZUMBA	9-11 Silver Threads & Needles 11 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 PEN PALS 1:00 TABLE TENNIS 5:15 MEET & EAT CLUB – TRI-CITY CAFETERIA <div style="border: 1px solid black; padding: 2px; text-align: center;">BRING WEDDING PHOTOS FEB 11 & 12→</div>	8:30 Wednesday Walk 12 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:00 WRITING CLUB 10:30 OPPOSITES ATTRACT & FAMOUS COUPLES 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 13 10:30 DISCUSSION “HOW MANY OF YOU...???” 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 1:00 Just Dance <div style="border: 1px solid black; padding: 2px; text-align: center;">WEDDING PHOTOS ON DISPLAY IN LOBBY FEB 13 & 14 →</div>	8:45 Aerobics 14 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Singing & Fellowship 11:15 RED PARADE 12:30 Slow-moving Exercise 1:00 TABLE TENNIS WEAR RED FRIDAY <div style="border: 1px solid black; padding: 2px; text-align: center; float: right;">6:30 PARADE OF TABLES FUNDRAISING EVENT</div>
8:45 Aerobics 17 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RECIPE CLUB 12:30 Slow-moving Exercise 1:00 Wii SKI FUN 5:30 ZUMBA	9-11 Silver Threads & Needles 18 10:00-11:00 Computer Assistance 10:00 Yoga CANCELLED 1:00 TABLE TENNIS <div style="border: 1px solid black; padding: 2px; text-align: center;">8-12 HEALTH EDUCATION AND STROKE SCREENING (appointments necessary)</div>	8:30 Wednesday Walk 19 8:45 Aerobics 9-11 Silver Threads & Needles 9:30 TEA PARTY 10:00 Line Dancing 11:15 CHAIR EXERCISE 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 20 10:30 “YOU HAVE GOT TO BE KIDDING!” GAME 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 1:00 Just Dance 1:00 Wii SKI FUN	8:45 Aerobics 21 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Singing & Fellowship 10:30 BOOK CLUB 12:30 Slow-moving Exercise 1:00 TABLE TENNIS WEAR RED FRIDAY
8:45 Aerobics 24 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 1:00 Wii SKI FUN	9-11 Silver Threads & Needles 25 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 “LIVING A HEALTHIER LIFE” DR. DREW MORRIS 1:00 TABLE TENNIS 1:00 TOOTSIE ROLL B-I-N-G-O	8:30 Wednesday Walk 26 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 WRITING CLUB 10:00 Line Dancing 10:30 USE IT OR LOSE IT 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 27 10:30 CHAIR VOLLEYBALL 11:15 CHAIR EXERCISE 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 1:00 Just Dance 1:00 Wii SKI FUN	8:45 Aerobics 28 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Singing & Fellowship 10:30 SENIOR GAMES COMMITTEE MEETING 11:15 BIRTHDAY RECOGNITION 12:30 Slow-moving Exercise 1:00 TABLE TENNIS WEAR RED FRIDAY
FOR MORE INFORMATION ABOUT THE SENIOR CENTER OR TO SCHEDULE A SHIP APPOINTMENT CALL 287-6409	FEBRUARY IS: NATIONAL BLACK HISTORY MONTH AND NATIONAL ♥HEART MONTH♥	SENIOR GAMES REGISTRATION: MARCH 3-14	AARP TAX-AIDE SERVICE TAX PREPARATION EVERY THURSDAY & FRIDAY FEBRUARY 6 – APRIL 11 BY APPOINTMENT ONLY CALL 287-6409	

HOURS OF OPERATION: MONDAY 7:30 a.m. – 5:00 p.m. TUESDAY – FRIDAY 8:30 a.m. – 5:00 p.m.

DAILY DROP-IN EVENTS INCLUDE: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Newspaper & Magazines, Coupon Room, Computer Lab, Chair Fitness Videos, Medical Equipment, Exercise Equipment, TV & Conversation, Library, Puzzles, Public Transportation Stop